



Chilled Radish Buttermilk Soup

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups buttermilk chilled well-shaken
- ☐ 2 cups cucumber seedless peeled chopped (usually plastic-wrapped)
- ☐ 1 slices radishes thin
- ☐ 1.3 cups radishes trimmed quartered
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon seasoned rice vinegar
- ☐ 0.5 teaspoon sugar

Equipment

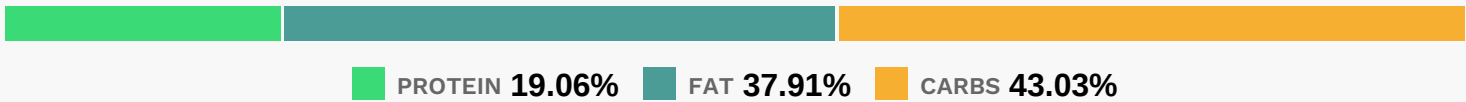
☐ blender

Directions

☐ Purée all ingredients in a blender until very smooth.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:7.1156520973081%

Flavonoids

Pelargonidin: 41.19mg, Pelargonidin: 41.19mg, Pelargonidin: 41.19mg, Pelargonidin: 41.19mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 94.79kcal (4.74%), Fat: 4.1g (6.3%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.16g (3.33%), Sugar: 8.44g (9.38%), Cholesterol: 13.2mg (4.4%), Sodium: 733.89mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Calcium: 163.07mg (16.31%), Vitamin B2: 0.25mg (14.65%), Vitamin C: 11.11mg (13.47%), Phosphorus: 127.58mg (12.76%), Potassium: 390.63mg (11.16%), Vitamin D: 1.56µg (10.4%), Vitamin K: 9.74µg (9.27%), Vitamin B12: 0.55µg (9.2%), Selenium: 5µg (7.14%), Vitamin B5: 0.7mg (6.98%), Folate: 25.95µg (6.49%), Magnesium: 25.31mg (6.33%), Vitamin B6: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.22%), Fiber: 1.3g (5.22%), Vitamin A: 257.17IU (5.14%), Zinc: 0.74mg (4.96%), Manganese: 0.09mg (4.66%), Copper: 0.08mg (4.23%), Iron: 0.41mg (2.27%), Vitamin B3: 0.32mg (1.62%)